

## NBVC says farewell to Rainwater, welcomes Grossgold

By JO2 Lynn Kirby

Lighthouse Staff

NBVC POINT MUGU, Calif.—In an early afternoon ceremony Oct. 4, Capt. Jim Rainwater was relieved by Capt. Paul Grossgold as Naval Base Ventura County commanding officer. Six hundred people – friends, family, community leaders, co-workers, and employees of NBVC and its tenant commands – attended the ceremony welcoming Grossgold and saying goodbye to Rainwater.

Guest speaker for the change-of-command ceremony was Rear Adm. Jose Betancourt, commander, Navy Region Southwest. Betancourt touched on several of Rainwater's accomplishments while at NBVC. He talked about the consolidation of Port Hueneme and Point Mugu into NBVC; the improvement projects for housing, gymnasiums and the auto hobby shop; and the sense of how important it is for the base to look sharp that Rainwater has instilled in the base community. "Jim, as you faced those many challenges, I could not have been prouder of your performance. We are very happy that you have been a part of our team," Betancourt said.

During the ceremony, Rainwater and Grossgold thanked the many people in their lives who helped them get where they are: family, friends and mentors. Rainwater wished Grossgold and his wife Margaret the best of luck. "You and Margaret are about to have the best time of your life in the best tour you

will ever have with the best team of people you will ever work with, the best community in the world. I wish you both all the best," he said.

Rainwater also offered some advice to Grossgold on how to manage the people and resources at NBVC. "Ronald Reagan's method of management was to surround himself with great people and let them do their jobs. If you do that here, I assure you success will follow," he said.

In closing, Rainwater told the story of how he ended up as a pilot in the Navy and commanding officer of NBVC. He talked about a day when he was still in high school that he came out to Point Mugu for an air show and saw an all-black F-4 Phantom from VX-4 flying. "I dreamed of some day being able to do that – to be a naval aviator and to some day perhaps fly an F-4," he said. Rainwater received his gold wings in 1978 and several years later joined VX-4 where he flew the all black F-4 in an air show. In July 1999 he became commanding officer of Naval Air Station Point Mugu, and in October 2000, he became commanding officer of NBVC upon its establishment where he has hosted the annual air show several times.

Rainwater credited his being here at NBVC with beginning as a dream. "Nothing happens unless first a dream," he said. "God Bless you all for sharing this day, God bless the Navy and God bless the United States of America, a land where anyone can make their dreams come true," he said.

Rainwater and Grossgold then read their orders aloud for all to hear, and turned command of NBVC over to Grossgold. Grossgold briefly touched on some of the things he had planned for NBVC. He said he plans to keep up the great relationship already established between the Navy and the local community in Ventura County. "As I see it, our base is your base, and your community is our community," he said.

Grossgold also plans to apply the Chief of Naval Operations' guiding principle at NBVC. "Mission first, Sailors always," he said. "Our people deserve nothing less than the very best we can provide. The fight for our people is a fight worth fighting," he said.

In the final remarks of the ceremony, Grossgold gave his first order as commanding officer. "Thank you all again for coming. Capt. Westberg, carry out the plan of the day," he said to all those present and to Capt. Robert Westberg, NBVC chief staff officer and master of ceremonies for the event.

During the reception, community leaders and commanding officers of key military units presented Rainwater with recognition items to say thanks for all he's done. He was presented with certificates of thanks from Congressmen Gallegly and Sherman, Senator McClintock, Ventura County Board of Supervisors and Port Hueneme Mayor Tony Volante. Capt. James Cowell, commanding officer 31<sup>st</sup> Naval Construction Regiment and Construction Battalion Center presented Rainwater with an Honorary Seabee Certificate. Rainwater also received plaques from Naval Air Reserve, Port Hueneme Division Naval Surface Warfare Center, and Commander Airborne Early Warning Wing, U.S. Pacific Fleet.

The NBVC wardroom presented Rainwater with a signed base photograph, and NBVC's command master chief presented a penant box, symbolizing the change of commanding officers' penants. NBVC public affairs office unveiled a director's chair from the television series "JAG" with Rainwater's name painted on the back as a thank you from the television



PH3 Tony Hayes  
**Rear Admiral Jose L. Betancourt, right, Commander, Navy Region Southwest, awards Capt. James W. Rainwater, outgoing commander of Naval Base Ventura County, with the Legion of Merit award.**

series for all the support they receive from NBVC. The public affairs office also presented Rainwater with several scrapbooks documenting his three years at Point Mugu and NBVC.

Earlier during the ceremony, Rainwater commented on how it felt to be commanding officer. "I can best describe how I feel about being the commanding officer by quoting Mel Brooks, 'It's good to be king.' These last three years were the best years of my naval career," he said.

**See more photos of the ceremony on pages 14-15 of this issue of The Lighthouse.**

## Energy Awareness Week Events

In honor of Energy Awareness Week, Oct. 21-25, 2002, Naval Base Ventura County Energy division will be hosting the events listed below. For more information, contact Tom Santoian, NBVC energy manager, at 982-4075.

### Tuesday, Oct. 22:

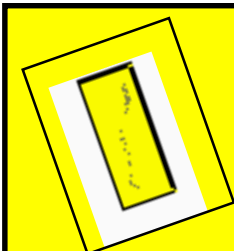
Tour of Naval Facilities Engineering Services Center, Bldg 1100, Port Hueneme  
5K Fun Run - Port Hueneme site

### Wednesday, Oct. 23

Energy Awareness Golf Tournament -- Port Hueneme site

### Thursday, Oct. 24

5K FUN RUN - Point Mugu Site



**NMCB-40 Chief transitions to Ensign... Page 8**

**The Paraloft can be a real lifesaver... Page 13**





# NBVC to host career information fair

NBVC is hosting the Center for Career Development (CCD) team for their visit to Ventura County Oct. 21-25.

The CCD visit will include briefings for tenant command CO, XO, CMC and CCC on the Navy's present retention climate, CCD mission, and a review of the Navy's career counselor community. Detailer briefs and one-on-one detailing will be provided.

Officer and enlisted members and their spouses are encouraged to attend the career decision workshops to obtain all the information they need to make informed ca-

reer choices. Provided by Ruehlin Associates, these workshops are an unbiased review of the pros and cons of careers in the Navy and in the private sector.


For more information, contact one of the following people: Officers: Lt. Cmdr. Crystal Vella at vellac@nbvc.navy.mil. For enlisted members, contact the NBVC command master chief, CMDCM(SW) Ron Van Dyck at vandyckrl@nbvc.navy.mil, or the NBVC Command Career Counselor, NC1(SW/FMF) Paul Tyquiengco at Tyquiengco.paul.a@nbvc.navy.mil.

## Visiting Detailers

**Bldg. 1 - Pt. Mugu**  
NCCM(SW/AW) Palmero Admin/deck/supply  
AZCS(AW) Dean Aviation ratings  
AD1(AW) Villalobos Aviation ratings  
MS1(SW) Cadwell Supply ratings  
PN2(AW) Sorrell Special programs

**31st NCR HQ -- Port Hueneme**  
CUCM(SCW) Stanley All Seabee Ratings

Monday (21 Oct)	Tuesday (22 Oct)	Wednesday (23 Oct)	Thursday (24 Oct)	Friday (25 Oct)
0900-1600 Detailers Avail <b>Loc: Bldg. 1, Pt. Mugu, old PSD</b>	0830-1600 Detailers Available <b>Loc: Bldg. 1, Pt. Mugu, old PSD</b>	0830-1600 Detailers Available <b>Loc: Bldg. 1, Pt. Mugu, old PSD</b>	0830-1600 Detailers Avail <b>Loc: Bldg. 1, Pt. Mugu, old PSD</b>	
0830 <b>CCD In-Brief</b> for Host CO, XO, CMC, CCC <b>Loc: Bldg. 1 Conference Room, Pt. Mugu</b>	0830-1000 <b>Enlisted Detailer Communications/Jass Brief</b> For: (All Hands) <b>Loc: Needham Theater</b>	0700-1000 <b>Enlisted E6 ↓ Career Information Workshop</b> <b>Loc: AIMD, Firebird Theater</b> <b>Intro by: AIMD, CMC</b>	0830-1130 <b>Jr. Enlisted(E5↓) Career Information Workshop</b> <b>Loc: Needham Theater</b> <b>Intro by NBVC, CMC</b>	0830-1130 <b>Jr. Enlisted(E5↓) Career Information Workshop</b> <b>Loc: Mugu Theater</b> <b>Intro by NBVC, CMC</b>
1330-1530 NPC (CCD) <b>Best Practices Brief</b> for: CO s/XO s/CMC s/CCC s <b>Loc: CECOS, Port Hueneme Rm#270</b> <b>Intro by: NBVC, CMC</b>	1015-1100 <b>RST Brief</b> For: (All Hands) <b>Loc: Needham Theater</b>	0830-1000 <b>Enlisted Detailer Communications/Jass Brief</b> For: (All Hands) <b>Loc: Mugu Theater</b>	0830-1000 <b>Pers 80 Officer Statutory Selection Board Brief</b> For: (O3 s 04 s) (Optional) <b>Loc: CECOS, Port Hueneme Rm. 270</b>	1300-1430 <b>Pers 81 Enlisted Selection Board Brief</b> For: E5 s E8 s <b>Loc: Mugu Theater</b>
	0830-1030 <b>NPC Senior Officer Brief</b> For: (04 and above) <b>Loc: CECOS, Port Hueneme Rm. 270</b>	1015-1100 <b>Recruiting Selection (RST) Brief</b> For: (All Hands) <b>Loc: Mugu Theater</b>	1300-1430 <b>Pers 81 Enlisted Selection Board Brief</b> For: E5 s E8 s <b>Loc: Needham Theater</b>	1530 <b>CO/XO/CMC Outbrief</b> <b>Loc: Bldg. 1, Conference Room, Point Mugu</b>
	1030-1200 <b>CPO Retention Brief</b> <b>Loc: Port Hueneme, Reef</b>	1030-1200 <b>CPO Retention Brief</b> <b>Loc: The Point, Pt. Mugu</b>	1900 - <b>Spouse Brief</b> <b>Loc: Needham Theater,</b> <b>Refreshments will be provided and door prizes</b>	
	1300-1600 <b>Sr. Enlisted (E6↑) Career Information Workshop</b> <b>Loc: Needham Theater</b> <b>Intro by NBVC, CMC</b>	1300-1600 <b>Sr. Enlisted (E6↑) Career Information Workshop</b> <b>Loc: Mugu Theater</b> <b>Intro by NBVC, CMC</b>		
	1300-1500 NPC Junior Officer Brief For: (03 s and below) <b>Loc: CECOS, Port Hueneme Rm. 270</b>	1300-1500 <b>NPC Junior Officer Brief</b> For: (03 s and below) <b>Loc: Family Support Center, Pt. Mugu, Classroom #3</b>		



# CALLING ALL MILITARY SPOUSES:

What's the future of your spouse's military career?  
Getting Out? Staying in? The decision also involves YOU!

You and your spouse are invited to a **Military Spouses' Brief** as part of the Center for Career Development's (CCD) week-long Career Decision Fair.

**THURSDAY, OCTOBER 24**  
7-9PM at the Needham Theater  
Childcare • Door Prize Drawings • Refreshments

**FREE CHILDCARE!**  
Ages 5 & younger: Call Lorraine at the CCDP Office at 949-2158 or Ellen or Madeline at the CDC at 949-4463  
Ages 6 & older: Call Lydia at 949-4276  
Reservations must be made by 4pm, Monday, Oct. 21 to secure a spot.

**IT'S YOUR FUTURE BE A PART OF THE DECISION**

**BIG PRIZES!**  
Two \$500 NEX Gift Certificates  
Two \$250 NEX Gift Certificates  
Numerous Gift Items & MWR Bucks!

## The Lighthouse

The Official Newspaper of the Ventura County Navy Community  
Naval Base Ventura County

Commanding Officer .....Capt. Paul S. Grossgold  
Chief Staff Officer ..... Capt. Robert J. Westberg Jr.  
Public Affairs Officer .....Teri Reid

### Lighthouse Staff

Managing Editor ..... JO1 Alex Carfrae  
Assistant Editor.....JO1(SW) Dave Hites  
Journalist ..... JO2 Lynn Kirby  
Journalist.....Kim Upshaw  
Photographer.....PH3 Tony Hayes

### Publisher

Publisher.....Paul Kinison  
Business Manager.....Lisa Kinison  
Production Manager .....Stuart Ibberson

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## Farewell white Suburban



PH3 Tony Hayes  
Former commanding officer of Naval Base Ventura County, Capt. Jim Rainwater, sheds a 'tear' as he prepares to relenquish the keys of the white Suburban to the new skipper. Rainwater turned command of NBVC over to Capt. Paul Grossgold in a ceremony Oct. 4.



# If you should ask me...

## Baseball or football, which do you prefer?

Baseball ... because I can understand it.



Remy Acosta, Pt. Mugu barber shop



AM3 Gabriel Wheland, VP-65

Football is more interesting and a whole lot more exciting.

I love Football because I played football.



HN Erika Banda, NAR Medical



MA2 Jason D. Clark, Force Protection (K-9)

Football... it's a faster paced game.

Football, because there is a sense of fear when you see the players take a good hit.



YN3(AW) Bradley Earl VAW-117

# Community Calendar

## NLSO seeking VITA volunteers

Preparations for the Volunteer Income Tax Assistance Program (VITA) are underway at the Naval Legal Service Office. Each year, thousands of tax returns are prepared and filed electronically by the volunteers who support VITA. This saves the servicemembers hundreds of thousands of dollars for service members throughout the Navy.

In order to support area personnel, the Navy Legal Services Office needs many volunteers to come and learn how to prepare taxes and then volunteer their time to prepare taxes. More volunteers mean that more Sailors can be helped. Contact LN1 Lindee at 982-4548 for more information.

## Announcement for NBVC housing residents

The Chief of Naval Operations has tasked Naval Facilities Engineering Command to administer a Navy Housing Survey that will identify opportunities for improvement of family housing. CEL and Associates – a commercial company that specializes in surveying and benchmarking properties for commercial owners were contracted to conduct the Navy's resident satisfaction surveys. Within the next few weeks, NBVC housing residents will receive numerous correspondences and a copy of the "CEL" Resident Satisfaction Survey.

Housing needs your help! Upon receipt of this information please take a few moments to fill out the documentation and put it in the pre-addressed, pre-paid return envelope and mail it immediately to CEL and Associates, Inc.

## Aviation museum open house

The aviation museum at the Santa Paula Airport holds an open house the first Sunday of every month. The next opportunity is Nov. 3. Museum #1 and the unique chain of hangars will be open from 10 a.m. to 3 p.m. Docent-led or self-guided tours are available. There is shuttle service available for those who'd rather not walk.

Nov. 3<sup>rd</sup>'s special feature will be 40 vintage Rolls Royce automobiles on display from owners all over Southern California.

There is no admission fee and the open house is cancelled if it's raining. Call (805) 525-1109 for more information.

## Cub scouts seeking members

Cub Scout Pack 3248, based at Naval Base Ventura County Point Mugu is holding a membership drive kick-off on Oct. 16 at the Point Mugu station theater from 6:30 to 8 p.m. Cub Scouts is

open to boys 6 to 10 years old or in the first through the fifth grades. Positions are also open for adults who would like to volunteer. For more information contact Cubmaster Kim Upshaw at (805) 488-3116.

## Navy Birthday Ball

The Point Mugu Chief Petty Officer's Association is sponsoring this year's Navy Birthday Ball on Saturday, Oct. 19, 2002 from 5 p.m. to 12:30 a.m.

Tickets range from \$10 - \$40 per couple, depending on paygrade. Additional guests are \$35 each. Attire is full dress blue with medals (dinner dress optional) for military members and formal dress for guests. Contact your Navy Ball representative, or AZC Rochelle Miller at 989-0673 for more information.

## School looking for Career Day volunteers

Frank Intermediate School in Oxnard invites your participation in their annual Career Day Festival, Tuesday, Nov. 19.

They are looking for military and civilian volunteers in different career fields to participate. Whether you work in aviation, construction, diving or a canine handling, etc., you are needed. This junior high school audience comprises students ranging from 12 to 14 years of age. The hours are 9 to 11:30 a.m. There are three different sessions to participate in where you will talk with three different groups of students. Each session runs 30 minutes, including a limited question and answer period. Visual aids help keep their attention on you. There is an application form to fill out, and some additional information is needed.

Please contact Pat Hollenbaugh, NBVC Community Relations Officer, at 989-1704 to volunteer.

Deadline for volunteers to apply is Oct. 28.

## Military Appreciation Dinner

The Greater Oxnard Chamber of Commerce, Ventura County Council Navy League of the United States and the Oxnard Harbor District/Port of Hueneme are hosting the Fifth Annual Military Appreciation Dinner Oct. 17, 2002, at the Residence Inn by Marriott at River Ridge in Oxnard. Cocktails begin at 6 p.m. followed by dinner at 7 p.m. Reservations are \$35 per person except for enlisted military, which are \$20 per person. To make reservations or for more information, call the Oxnard Chamber at 385-8860.

## Port Hueneme Lighthouse

The U.S. Coast Guard recently opened the 128-year-old Port Hueneme Lighthouse to the public. Currently, the Light is open from 10 a.m. to 4 p.m. the third Saturday of every month.

The Light is located in the Port of Hueneme – at the end of Hueneme Road. Check in with the gate guard and a shuttle van will ferry you to the lighthouse.



# Point Mugu Navy Exchange holds grand re-opening

By Kim Upshaw

Lighthouse Staff

POINT MUGU, Calif. – The newly remodeled Navy Exchange here hosted an official ribbon cutting ceremony marked the end of an unplanned expansion of the store to make room for more grocery and convenience items to ease the burden of the commissary closure on residents of the Point Mugu site.

Jo Posca, NEX manager at Point Mugu, plans to be responsive to the customers who shop at her store. "We will continue to be here for our customers and do our best to offer the same product at prices as close to commissary as possible," she said. "We will do everything possible to keep

prices down via in-store coupons and rebates."

Capt. Jim Rainwater, who cut the red white and blue ribbon with the help of several NEX patrons, was in agreement with Posca. "We are trying to provide a seamless transition by providing goods and services that were offered at the commissary here at NEX at competitive prices," he said. "We hope that in addition to easing the burden on the residents of NBVC we can offer a more streamlined shopping experience by having everything available under one roof, rather than having to go to the commissary for some things and the NEX for others."

"The cost of the renovation was \$140,000. Add this to the \$235,000 spent on last year's complete overhaul of the property and you can see we now have a \$375,000 state-of-the-art shopping facility," said Rainwater in his brief speech prior to cutting the ribbon. "I just want to say that I personally appreciate the efforts made by Sante Campanile and the NEX staff to make this all-important venture happen."

As time goes on and residents aboard Point Mugu adjust to the closure of the commissary and the growing selection of grocery items at the NEX, they are sure to agree with Rainwater and appreciate the efforts made by Campanile, and his staff and



Josh Stover gets the first piece of cake after the grand re-opening.



JO1 Alex Carfrae

From Left to right, Capt. Jim Rainwater, Mark Stover Jr., Josh Stover and Margaret Grossgold prepare to cut the ceremonial ribbon marking the grand re-opening of the Navy Exchange at Point Mugu.

NEXCOM.

"This is a work in progress," Campanile reminds us. "While it is unrealistic to expect our store to be a one-to-one replace-

ment for the commissary, we do intend to make every effort to provide the residents of Point Mugu with the convenience, prices and service they deserve."

## Transition Assistance Program hits 10-year milestone

By Martha Thorn

Naval Station Annapolis Public Affairs

ANNAPOLIS, Md. (NNS) – For a decade, the Transition Assistance Program (TAP) has helped servicemembers successfully move from active duty service to civilian life.

The program has worked due to the hard work of many individuals and organizations close to the Navy. These contributors were recently recognized at the Transition Assistance Program 10th Anniversary and Awards Ceremony.

Sponsored by the Fleet and Family Support Center, the ceremony recognizes the contributions of companies, veterans' organizations, government agencies and individuals to the Transition Assistance Program.

Established in 1992, TAP started as a partnership between the Department of Defense, the Department of Veterans Affairs and the Department of Labor. Gradually, more and more people became involved in the program, which helps military servicemembers and retirees make the transition from active duty to civilian life.

Frederico Juarbe Jr., assistant secretary of the Veterans' Employment and Training, U.S. Department of Labor in Washington, D.C., praised the quality of the TAP program and the cooperative effort between civilian and military agencies. Despite this, he said, TAP can't rest on its laurels.

He talked of a "new and improved" TAP with rewritten manuals and facilitator's guides, new veterans' Web site and a presence overseas for veterans transitioning there.

"The new manual has updated Web site information including current trends in resumes, how to prepare a career catalog, skills analysis and self-assessment," said Mary-Jean Owens, Fleet and Family Support Center site manager for

Point Mugu. Career Resource Specialist Dan Savage added that "We're always looking ahead to see what people need when they transition."

Juarbe said the advice and suggestions offered during workshops have led to improvements to the program, and the information provided has led to a realistic picture of the labor market and job prospects.

"Without you, the employers, this would be an academic exercise," Juarbe says. "You have the jobs."

Owens said FFSC even has job fairs. "We're able to go to local companies here and find out what they're looking for. They solicit us to announce jobs and positions [available in the civilian sector]."

Juarbe wanted the 170 TAP locations to see more employers and spouses, while continuing to be "on the cutting edge" with up-to-date services and information. He advocated an interagency steering committee to help TAP maintain its momentum and stay current.

Andy Martel represented AMVETS at the awards ceremony. A retiree from the Army after 21 years of service, he joked, "I would have been better off retiring from the Navy."

During his Army career, he developed leadership and management skills and made tough decisions under battlefield conditions. With all his training and skills, he expected an easy transition.

"Why was it so hard?" he asked as he reflected on his first job outside the military - "selling cars, or rather not selling cars for 90 days or so."

He recalled his transition briefing took one hour, 50 minutes of which was devoted to survivors' benefits. "What do I do now?" he thought as he and his wife twiddled their thumbs through the briefing.

Like the other organizations represented at the awards

presentations, AMVETS was committed to TAP and to helping today's servicemembers benefit from their predecessors' experiences.

"We want them to be better counseled and better assisted," Marshall said.

"We have a team approach we pride ourselves on," said Owens. "We never want to turn anyone away because we can't help them. We have to have a true commitment to the military which everyone here has; that is of the utmost importance."

"TAP workshops are an overwhelming success," asserted Stan Seidel, Maryland director, Veterans' Employment and Training, Baltimore, Md. He attributed their success to those facilitators, contractors and administrators who work behind the scenes.

In special presentations, the American Legion, AMVETS, Navy League and Maryland Department of Veterans' Employment and Training also recognized Fleet and Family Support Center Director Robert Klebahn Jr. and members of his staff, including Rose Howard, Deborah Bullen, Penny Herron, Rena Post and Marilyn Lewis.

"TAP would not be what it is today without all the people in it," said retired Army Sgt. Maj. Lance Sweigart of the American Legion as he presented the first plaque to Klebahn.

Navy League representative Jerry Rapkin paid tribute to Klebahn's "superior leadership" in his efforts to support the military and their families in quality of life issues and transition assistance.

In response to the tribute, Klebahn said, "It's not something I do by myself. It takes all of us to put on a great program."

JO1(SW) David Hites contributed to this report.

# \$1.73 million renovation improves single Sailor quality of life

By JO1(SW) Dave Hites

Lighthouse Staff

POINT MUGU, Calif. – Quality of life is a high priority for the Navy; much more so in recent years. Naval Base Ventura County recognizes that priority and is making improvements. Building 26, an E-4 and below bachelor residence, recently moved in new residents after a year-long renovation. A grand opening is scheduled for Oct. 24.

“Rooms now have individual heads, computer capabilities, microwave ovens, TVs [with DVD and VCR built in] and refrigerators,” said Lt. j.g. Tamanh Duong, project engineer for the Residence Office in Charge of Construction (ROICC), here. The newly renovated building also has a larger laun-

dry facility, bigger lounge with a big-screen TV and a mini-gym.

The plan changed the single E-7 and above geographical bachelor barracks into 2-man E-4 and below transient barracks. “Some NAMTRAGRUDET students are also authorized to live there,” said MSC(SW) Kelly Walker, the Point Mugu bachelor housing manager. “Right now, Japanese Defense Force and British Sea Harrier Detachment people are living there.”

Duong said the \$1.73 million project flowed smoothly from start to finish. “Our office conducts quality assurance and we were very pleased with all aspects of the job. The timeliness was great, there was no loss to injury, no legal problems and the customers are happy.”

Although contractors were hired to



PH3 Tony Hayes

**The refinished exterior of Barracks 26 shines in the morning sun at Naval Base Ventura County Point Mugu. NBVC recently completed a \$1.73 million renovation of the facility.**



PH3 Tony Hayes

**The new lounge at Bldg. 26 includes vending machines to cure that late-night urge to snack, as well as a big-screen television with DVD player.**

renovate the barracks, restricted personnel saved the government what Duong estimates to be around \$30,000 in pre-renovation costs. “They moved out all the old furniture, which was given to charity,” he said. Walker was in charge of deciding on the new furniture, giving himself an interior decorating crash course. “The most difficult part of this job for me was deciding on furniture, fabrics and room design,” he said. Walker is still waiting on a pool table to add to the lounge.

Moving the furniture was the easy part. Finding rooms for the residents of Bldg. 26 was harder, but not impossible. Most of the

residents were moved across the street to Bldg. 233.

“That barracks is now a highly sought after location to live,” said Duong. “Once the foreign military visitors move out, space should be available to transients,” said Walker. He noted that transients include drilling reservists. The cost is only \$9 per night to stay in any barracks room.

Naval Facilities Systems Command will visit NBVC Oct. 15-18 to assess the base for the Zumwalt Award, the highest accreditation a facility can receive. Walker said confidently, “We fully expect to achieve 5-star accreditation.”



# NAR Pt. Mugu Sailor receives award for heroism

By JOSN Robbie Thomas

*NAR Pt. Mugu Public Affairs*

POINT MUGU, Calif. – When someone is in danger, human nature kicks in and instinct alone drives us to do what is right. It pushes us to preserve life, even when it is not our own. But sometimes the situation can be too serious for instinct alone. Sometimes it takes a cool head to figure out just what to do. Sometimes it takes months of training to take control of what could turn tragic in a split-second.

It was both a calm train of thought and several Navy medical courses that prepared Naval Reservist AD2 Jeffrey Bethea, from Carrier Augment Unit South West 0376, Point Mugu, Calif., for the challenge he would face one disastrous day.

Almost a year ago, Bethea was working at his civilian job, in a local paper factory. He was outside of the building when something out of the ordinary happened. Another employee, who spoke little English, came running out of the factory screaming. Not knowing what was wrong, but sure it was an emergency, Bethea dropped what he was doing and ran into the building.

When he arrived at the scene of the problem, he was shocked at what he saw before him. "I couldn't believe my eyes when I saw him up in that thing," said Bethea. One of his co-workers, David Crouse, had been entangled in one of the paper manufacturing machines.

Crouse had somehow managed to have both of his arms sucked up into the rollers that feed huge rolls of paper through

the machine. The machine was still on and the rollers were still spinning. The gap between the wheels was less than two inches and the wheels were quickly burning skin and muscle off Crouse's arms.

Bethea's first thought was to turn the machine off. He hit the button, but it would take at least five minutes for the machine to wind to a stop. He then went straight over to Crouse, who had managed to free one hand by himself. Bethea was afraid to pull Crouse out at first, in fear that he would be injured more. Crouse was in such extreme pain, that he told Bethea to do whatever he had to do to get him out. Even if it meant pulling his arm off.

With Crouse's blessing, Bethea pulled him free of the machine.

Crouse immediately went into shock, and Bethea covered him with blankets and applied pressure to control bleeding on the arm he had just pulled free. Paramedics arrived on the scene within a few minutes later and took over.

Crouse fully recovered, but is still receiving skin grafts and reconstructive surgery to replace the lost skin on his arms.

AD2 Jeffrey Bethea was recently honored here for his heroism during an all hands assembly. He received the Navy/Marine Corps Medal, signed by Admiral Vern E. Clark, Chief of Naval Operations.



U.S. Navy  
**AD2 Jeffrey Bethea receives a Navy and Marine Corps Medal from Cmdr. Perry Schmidt, executive officer of NAR Point Mugu.**

Bethea credits his medical knowledge and quick thinking to the military classes and mass casualty training he had recently received on USS *Constellation*. The quick use of his training aided in saving the life of a fellow human being.

# Local federal agencies kick off Combined Federal Campaign

By Phillis Thrower

NAVAIR Public Affairs



POINT MUGU, Calif - The Ventura County Combined Federal Campaign (CFC) held its annual fundraising kickoff event Sept. 24 in the Navy Exchange (NEX) Courtyard

Point Mugu and Sept. 25 at Heritage Park at Port Hueneme.

The kickoff was a festive event decorated with streamers, and red, white and blue balloons and the American flag on each table. Entertainment was provided by the Air National Guard Band of the Southwest who played jazz combo and Sweet Adelines Channel Aire Chorus.

The event attracted base workers from not only Port Hueneme, Point Mugu, and Air National Guard, but also from the many non-profit agencies in the county. Those agencies in attendance included: Camp Fire USA, Make-A-Wish Foundation, City of Hope, Boys & Girls Club of Simi Valley, Easter Seals, United Way, Community Health

Charities and City of Hope, Girl Scouts, and Association of Retarded Citizens Ventura County.

"The CFC provides federal employees the opportunity to support agencies that make a real difference," said Capt. Mark Swaney, campaign chairman. "This year's theme is 'Imagine.' Imagine a world of health, peace and prosperity, a world where children don't die of cancer, and don't go to sleep hungry, where every person is valued and protected. Imagine a world without poverty and illiteracy, a world of clean oceans and clean air.

"Ventura County has approximately 22,000 federal employees. *Imagine* the difference we could make if we all gave a few dollars from each paycheck to support our favorite CFC charities. The CFC pledge form is your opportunity to help people who can't help themselves. You can help people right here in our neighborhood or people across the world. The choice is yours!," Swaney concluded.

The executive director, John Hunter and master of ceremonies for the event gave an overview of the 2001 campaign. Hunter said that the campaign will run from Sept. 24 through Nov. 5. The goal this year is to raise \$700,000.

Ventura County Combined Federal Campaign



# NMCB-40 chief becomes CEC ensign

By JO1(SCW) Greg Frazho

*NMCB-40 Public Affairs*

CAMP COVINGTON, Guam – With less than two weeks remaining in their Pacific deployment, the Seabees of Naval Mobile Construction Battalion (NMCB) Forty watched as one of their own put on the shoulder boards of an ensign in the Civil Engineer Corps (CEC). UTC(SCW) Javier Lopez-Martinez entered the ranks of the officer corps at a commissioning ceremony attended by his parents and fiancée at the Camp Covington, Guam, grinder.

Lopez, a native of Lompoc, Calif., achieved a career-long dream when he donned the combination cover with the officer's crest. After receiving a Navy & Marine Corps Achievement Medal, CMDCM(SCW) Glenn Brunelle removed Lopez' chief anchors. Lt. Cmdr. Dennis Edwards, Fighting 40's operations officer, administered the oath of commissioning. A limited duty officer and former chief petty officer himself, Edwards gave Lopez sound advice about being an officer. "Take pride in your people's accomplishments and treat them well," he said.

Ensign Lopez's parents, Javier Lopez and Rosa Martinez, affixed the ensign's shoulder boards on his summer whites, and his fiancée, Alethea Salas placed the cover on his head. CE2(SCW) Nathan Bond rendered Lopez' customary first salute, for which he received a silver dollar.



PHAN Lamel J. Hinton

***UTC Javier Lopez of Lompoc, Calif. receives the rank of ensign as his family attaches his shoulder boards during his recent commissioning ceremony.***

The tradition is based on the idea that all new officers must buy their first salute and then earn every one thereafter. Lopez then presented his chief's anchors to UT1(SCW) Courtney Wynia.

In his remarks, Ensign Lopez thanked his parents, his fiancée, the chief petty officers and the Seabees of NMCB-40 for his success. Lopez will report to duty in Pensacola, Fla., before going to his first assignment as a CEC officer.

## *New Black Eagle chiefs get pinned*

By Lt. David Killian

*VAW-113 Public Affairs*

There are some new Chiefs in town. MSC(AW/SW) Celestino Angeles and ATC(AW) Robert Armer recently traded in their Navy blue for khaki in a chief pinning ceremony conducted in the hanger bay of USS *Abraham Lincoln* (CVN 72).

Forty-three *Lincoln*, Carrier Air Wing Fourteen (CVW-14), and Cruiser-Destroyer Group Three Sailors were pinned. More than 300 chief petty officers stood in formation on either side of the chief selectees, ready to welcome them into their fold.

"Standing where I am, looking out at the finest chief petty officers I could ever imagine serving with, along with the best new selection of chief petty officers, is a pretty good view," said Capt. Douglas Dupuoy, USS *Abraham Lincoln* commanding officer, during a speech at the ceremony.

One by one the chief selectees made their way to the front-and-center of the formation to be officially

**See PINNING, page 18**



# NMCB-4 supports local community, Habitat for Humanity

By CEC Doug Heiner

For NMCB-4 Public Affairs

A detachment of 20 Seabees from Naval Mobile Construction Battalion (NMCB) Four, led by Lt. j.g. Ajay Joshi, recently volunteered for a community housing project for a local housing organization.

Habitat for Humanity is a non-profit, non-denominational Christian housing program that provides new, affordable housing for families in need of adequate shelter. Homeowners and volunteers build the houses under the supervision of trained Habitat personnel, helping to keep the housing cost low. Since 1976, Habitat for Humanity has built over 100,000 houses in 60 countries, including 30,000 houses in the United States.



**NMCB-4 Seabees spread the foundation for the new home.**



**NMCB-4 Seabees begin the framework on the foundation of the new Habitat for Humanity home.**

The Seabees of NMCB-4 spent a day working on two houses in the area. They set the foundation forms for one house to prepare it for a future concrete pour and poured fifty yards of concrete for the foundation and pad of another house with the use of a concrete pump truck. They enjoyed a free lunch and the opportunity to make a difference in someone else's life.

The volunteers showed their true Seabee "Can Do" spirit of compassion in lending a helping hand to two deserving families. Through this and other volunteer opportunities, the people of NMCB-4 continue to foster a positive relationship in the local community. The efforts of people working together toward a common goal can accomplish many things.



**NMCB-4 Seabees set foundation forms, preparing for the foundation's pouring at a later date.**

# Musings of an Ecologist

By Ron Dow

Director, Environmental Division

Ever wonder what the ecology of the Mugu marsh was like before the arrival of European man? We don't have many records of conditions then, but I started work close to that time. I have been managing the natural resources of Mugu Lagoon since 1977 and there have been significant changes— both good and bad.

In 1977 we had logos of F-14s in the shape of a mosquito because we had dark clouds of them throughout the base. These aerial denizens performed precision attacks that left many victims feeling they had given at the blood bank. The mosquito situation greatly improved with the installation of the bridge on Laguna Road in 1979. This allowed much greater tidal flow (and mosquito eating fish) into the western areas of the lagoon and was a huge benefit to the diversity and health of the plant and animal populations there.

Our individuals and number of endangered species increased significantly over the last 25 years because of our protection and the loss of salt marsh habitat outside the base. Least terns increased from 11 pair to over 200, light-footed clapper rail went from zero to more than 20 individuals, pelicans have increased due to reduction of pesticides in off-shore waters, and peregrine falcon are now common visitors and have been de-listed from the Endangered Species Act. The snowy plover was listed as a threatened species during this time because of loss of habitat elsewhere. We also experienced an increase in our harbor seal population

from 60 to more than 400 animals. If you are unfamiliar with these interesting marine mammals, look across the lagoon near the mouth to the ocean and you will see hundreds of "logs" on the far bank. The Mugu population is one of only two in all of Southern California that reside around a populated area.

This period also covers the "dawning" of environmental awareness and hundreds of environmental laws and regulations. My office grew from a staff of one to the current level of 24, which includes both Point Mugu and Port Hueneme sites. Although some may argue that the regulations are placing an undo burden on our community, the air, water and lands where we live are much cleaner now.

There have also been some detrimental changes to the lagoon. Significant flooding occurred in 1969 and the early 1980s



**A young least tern cuddles its mom on a beach at Point Mugu. The least tern is one of several protected animals at Point Mugu.**



which brought about 30 vertical feet of sediment in the central basin of the lagoon. Although much if this deposition served to fill the "hole" dug for providing fill material for one of the runways, there is still a great concern that sedimentation from the watershed could greatly shorten the life of much of the eastern portion of Mugu Lagoon. Sediment is not the only problem, pesticides and heavy metals from agriculture and urban runoff have also been deposited in the marsh sediments. The lagoon is currently part of the Navy program to assess contaminated sites and develop possible strategies for cleanup or improvement in the condition.

With lagoons and associated ecosystems, change is the only constant. Mugu Lagoon is a wonderful place and is the most diverse ecosystem in Ventura County. The Navy can take pride it has kept this ecological jewel in near pristine conditions. "Oh Mugu, you've done it again!"



**Birds fly overhead at the opening of Mugu Lagoon, one of the most diverse ecosystems in Ventura County.**



# NMCB-40 qualifies 82 Seabee combat warriors

By JO1(SCW) Greg Frazho

*NMCB 40 Public Affairs*

CAMP COVINGTON, Guam — In the Navy, each community has its own devices and accoutrements that it's known by. Aviators have 'Wings of Gold', SEALs have their Tridents, submariners have their dolphins, and surface warriors have their crossed cutlasses. In the Seabees, the one distinguishing uniform item on the chests of all qualified members is the Seabee Combat Warfare (SCW) device.

Currently, 82 Seabees from Naval Mobile Construction Battalion (NMCB) Forty have earned their warfare designations during the 2002 Pacific deployment. As they prepare to turnover to NMCB-74, the last few Seabees are completing their qualifications and preparing to take their oral board examinations.

"It's very important for battalion readiness," said CM1(SCW) James Nelson, SCW program coordinator of the qualification process. "It's the knowledge to work in a specific area, but also to be able to cross into other areas."

"It helps with professional development and it helps our junior Seabees set goals for themselves," he added. "It also enhances the readiness of the Naval Construction Force. It could save lives in a contingency situation."

For some of the men and women of Fighting 40, this was their first warfare pin. For others, it was their latest achievement. "Since I'm a Seabee, it was a big relief to get my last pin," said CM3(SCW/SW/AW) Jeremy Cabanilla, a light shop mechanic with the Air Detachment. "It's a lot different than the fleet side programs. The SCWS pin had more hands-on and field training."

Previously serving with Beachmasters Unit 1, Detachment Western Pacific, Cabanilla earned his surface warfare pin while deployed aboard USS *Mount Vernon* (LSD 39), and his air warfare designation aboard USS *Essex* (LHD 2).

"It felt really good to earn that third pin," said Cabanilla, a native of Oxnard, Calif. "It's not often that you see a Seabee with (SW) and (AW). It's a fulfilling feeling."

Nor is he the only triple warfare-qualified individual aboard NMCB 40. Cabanilla was actually the presenter of the battalion's latest triple play, when ET1(SCW/SW/AW) Alex Blankenship received his SCWS pin a few weeks ago. "It felt good to pin ET1 Blankenship,"

said Cabanilla with a smile. "I wasn't alone."

While SCWS classes are over for this deployment, the process won't stop for those Seabees of NMCB 40 who have yet to earn their pins. "I think it went pretty well," said Nelson, a native of China Lake, Calif. "The program was pretty aggressive this deployment. A good example of that was the average class size was 17 to 20 people per class. For the last month-and-a-half, there's been at least one SCWS board per day."

With testing ready to resume in November, earning a SCW pin is a truly demanding, year-round process. "You need to stick to it," said Cabanilla. "You have to set aside some time every week and be self-motivated. It says a lot about a person that you've accomplished something."



PHAN Lamel Hinton

**One of the 82 Seabees earning the Seabee Combat Warfare Specialist designation, ET1 (SCW/SW) Alex Blankenship, is pinned during a ceremony.**

# NMCB-3 participates in 2002 FEX War Games

Story and Photo by JO2 Maria Blanchard

## *NMCB-3 Public Affairs*

Naval Mobile Construction Battalion (NMCB) Three packed up and headed to Fort Hunter Liggett, Calif., for their homeport 2002 Field Exercise recently. This year's exercise posed new challenges for the battalion as it included a three-day bivouac-training period before FEX began.

The Seabees spent the three days at Blackjack doing round-robin style training. Among the varied topics taught were immediate action drills, land navigation, and weapons emplacement.

On the fourth day, as the sun was beginning to crest the horizon, the Seabees began to move into their area of responsibility (AOR). Delta Company, the battalion's security force, led the charge. Their immediate action skills were tested as the convoy was ambushed en route. After successfully repelling the enemy, they were able to continue into the AOR. Over the course of the next 48 hours the remainder of the battalion moved in.

Each company had their specific and important roles. Alfa Company ensured that all the CESE and containers were convoyed safely and efficiently into the AOR. Echo Company was in charge of building the combat operations center (COC) and briefing tent, consisting of two strongback tents. While parts of Alfa and Echo were working on the convoys and COC, the rest were employed working on the defense, along with Foxtrot Company, a merger of the traditional Bravo and Charlie companies. Setting up the defense was top priority and consisted of digging in the fighting positions, setting up triple strand concertina wire, creating range cards and developing different levels of fire plan sketches.

Establishing solid communications was the other major priority. On top of the tallest hill camp, the communications platoon set up antennae to communicate with higher headquarters and adjacent units. They also began their task of installing a wire-based network for internal camp communications.

After two days in the AOR, the battalion had built up a solid defense and was able to improve the quality of life for the troops. Berthing tents started popping up, and the lack of shelter halves was quite welcome, the galley was up and running, MRE's a distant memory after the first hot breakfast, and the shower tent was operational.

The troops were not, however, able to kick back and enjoy life. There was still a war raging beyond friendly lines, as evidenced by a CBR attack during the first hot breakfast. Hostile civilians regularly protested our presence in Coastland. The enemy launched artillery and chemical attacks. Snipers were periodically taking aim at the camp. NMCB-3 responded and

effectively repelled the enemy by any and all means necessary, regardless of the situation.

On the last day of the exercise, six simulated-missiles hit the camp, carrying a persistent nerve agent; this combined with the climatic and prevailing wind situation meant that the battalion would have to vacate the area. The Seabees, in mission-oriented protective posture level IV readiness, left the area and marched to a new area, which had been verified clean by specialized survey teams. The chemical, biological, and radiological decontamination teams set-up a DTD or Detailed Troop Decon, line to demonstrate proficiency.

In addition to the tactical operations of defense and survival skills, the Seabees of NMCB-3 proved equally adept at providing construction skills in a contingency environment. They managed to complete repairs on two main-supply routes, build a timber tower, and security bunker as well as prove their proficiency in medium girder bridge construction, expeditionary airfield construction and repair. The battalion is ready to go, whenever or wherever, with the help of 31<sup>st</sup> NCR and the 2002 Field Exercise.



***NMCB-3 Seabees set up perimeter razor wire around camp.***



# AIMD paraloft: a pilot's behind-the-scenes best friend

By JO2 Lynn Kirby

*Lighthouse staff*

NBVC POINT MUGU, Calif.-Pilots here fly a multitude of aircraft, from F-14 Tomcats and QF-4 Phantoms to P-3 Orions and E2-C Hawkeyes and more. They have maintenance personnel who keep their aircraft up in the air and in good, safe working condition. But, it's not often you hear about the other personnel who keep the pilots and crewmembers safe.

The aircrew survival equipmentmen (PR) at Aviation Intermediate Maintenance Department's paraloft work day and night inspecting, testing and repairing all the emergency and survival equipment for the pilots and aircraft here. The paraloft's leading petty officer PR1 Todd Lepsch says the PRs' jobs are critical in the safety of the pilots. "We approach our job with a sense of urgency and concern, knowing our own aviators will be wearing the equipment we inspect, and depend on us for their safety."

Some of the equipment they inspect and keep in safe condition at



PH3 Tony Hayes

**PR3 Greg Lopez checks the CO2 inlet valve on a LRU-15 20-man liferaft for corrosion and defects.**

the paraloft are life rafts, life preservers, seat survival kits, parachutes, emergency supply oxygen bottles and liquid oxygen converters. Pilots may never need to use some of these items, but it's imperative that they work when they do need them, giving the PRs only one chance to get it right. "It needs to function properly. You only get once chance, and it has to work the first time every time," said Lt. Cmdr. Mark Thomas, maintenance officer and a pilot at Air Test and Evaluation Squadron 30 (VX-30).

According to PR2 Jackie Bailey, when inspecting parachutes, the PRs pull the 'chute out of its pack onto a long table in the paraloft. They inspect the entire canopy of the 'chutes as well as the pack. They then replace all expired parts and do any necessary repairs before repacking the 'chute. This process can take anywhere from three or four hours to two days, depending on the type of parachute. Once a PR has started the process of repacking a 'chute, the process must be completed without delays. If the PR stops halfway through to take a break and then returns to continue, there is room for error. And in the safety of people's lives, there is no room for error.

New technology in safety equipment may decrease or even one day eliminate the responsibility of the PRs, but for now, their role is vital in the safety of the pilots and crewmembers in the sky.



PH3 Tony Hayes

**PR2 Daniel Willyard and PR2 Derrick Sinkclear repack a NES-8B parachute.**

## Five-a-day can keep you healthy year 'round

By Brian Badura

*Bureau of Medicine and Surgery*

WASHINGTON (NNS) — As young children, many of us heard mom say, "Eat your fruit and vegetables, they're good for you." Did mom have hard facts to back this up or was it just a ploy to get us to eat things we didn't like?

Truth be told, that recurring message from mom was right on track. Our bodies need fruits and vegetables every day to stay healthy. That's why the staff at Navy Environmental Health Center (NEHC) is promoting the Five-A-Day for Better Health program.

The aim of the Five-A-Day program is to inform Americans that eating five servings of fruits and vegetables each day can improve their health and may reduce the risk of cancer.

It began back in 1991 as a combined effort between the National Cancer Institute and the Produce for Better Health Foundation.

"We encourage participation in the Five-A-Day program because Navy personnel need to make healthy choices in their diet," said Lori Tubbs, health promotion nutrition program manager at NEHC.

Many fruits and vegetables are now ready for harvest, making this the perfect time to get on board with the Five-A-Day plan.

But be wary of getting your servings of vegetables from canned juices. "They're often loaded with sugar," said Anna Krupa, RN, MS, patient educator at Naval Ambulatory Care Center Port Hueneme. Fresh fruits and vegetables are a better pick, she says. "They're loaded with vitamins and fiber; and

I believe high-fiber foods [those with more than five grams per serving] can help remove cholesterol."

Can something as simple as fruits and vegetables really make a difference? Consider these facts:

- People who eat five a day or more have half the risk of developing cancer as those who eat just two a day.

- Eating fruits and vegetables not only cuts the risk of cancer, but also heart disease, diabetes, stroke, obesity and birth defects.

- Eating proper portions of fruits and vegetables can reduce the risk of cataracts five fold.

- Between 30 and 70 percent of all cancer deaths are diet related.

- Five servings a day may seem like a lot, but it's not. Some examples of one serving include one medium fruit or one-half cup of cut up fruit, three-quarters of a cup of 100 percent fruit or vegetable juice, or one cup of raw leafy vegetables.

Many Sailors struggle with their weight, and eating fruits and vegetables when visiting the galley can be a great way to help shed some excess pounds.

"We're going so far as to include fruits and vegetables in vending machines," said Tubbs. "More importantly, we need to educate and inform our people of the benefits of eating right."

If you're interested in finding out more details about the Five-A-Day program, stop by the Health Promotions office in your area. You can also check out the NEHC Web site at <http://www-nehc.med.navy.mil/>. For more news about Navy Medicine, visit their custom Navy NewsStand page at [www.news.navy.mil/local/mednews](http://www.news.navy.mil/local/mednews).

JO1 Alex Carfrae contributed to this report.

## Cyberspace available for off-duty Seabees

By JO1(SW) Scott Sutherland

*NMCB-5 Public Affairs Office*

CAMP MITCHELL, Rota, Spain — Ten years ago, deployed Sailors and Seabees across the globe relied on snail mail and morale phone calls to stay in touch with loved ones back home. Those methods of communication still thrive, but without a doubt, the most popular and most efficient form of staying connected to home — cyberspace — continues to reform the communication industry.

For Sailors afloat, it's Internet libraries. Sailors ashore have cyber cafes. Now, Seabees with Naval Mobile Construction Battalion (NMCB) Five, deployed to Rota, Spain, for its 2002-2003 European Deployment, can claim "Cyber CPU" as their very own. CPU stands for central processing unit, the heart and soul of a computer system. NMCB-5's Information Systems Department (ISD) strives to provide its Seabees quality and timely access to the information superhighway during their leisure time.

Not all of the Seabees here have e-mail access at work, so they have another means of sending and receiving e-messages or surfing the worldwide web. There's a cyber station for service members at Naval Station Rota, but for some Seabees, that trip might be inconvenient.

According to BU1(SCW) Jerome Amos of ISD and a native of La Trinidad, Benguet Province, the Philippines, Cyber CPU is something Seabees can use after work hours, "especially for the younger troops who don't have a logon provided by the command at work."

Amos, along with other Seabees in ISD, helped set up the log in accounts. He acts as the system administrator for Cyber CPU. IT3 Jennifer Wilson of Moreno Valley, Calif., like Amos, also helps set-up e-mail accounts for "The Professionals." Besides being a great quality of life issue, Wilson said it also prevents Seabees from violating computer systems rules and regulations.

Seabees can use Cyber CPU Monday through Friday from 11 a.m. to 1 p.m. and from 6 p.m. to midnight. Saturday and Sunday hours are from 6 a.m. to midnight.

# Navy, NBVC get online with knowledge management portals

By Navy News Service

The Navy's Revolution in Training is creating new educational tools and opportunities for Sailors throughout the Fleet. Now, Navy Education and Training has developed a new way for Sailors to manage their careers via the Internet.

The Navy Knowledge Online (NKO) Web site, the knowledge management portal, gives Sailors instant access to all training and educational information related to their chosen occupational fields.

Knowledge management is the gathering of organizational processes, systems, methodologies, visions and resources into a centralized location. For Sailors, the knowledge management portal assists in identifying career paths, milestones, and educational tools and opportunities.

For the Navy, this provides greater operational efficiency and eliminates organizational redundancies.

To develop the portal, the Navy teamed with Appian, a provider of large scale software solutions.

"We wanted to provide every Sailor with a personalized gateway to the Navy's knowledge base for all professional and personal development," said Rear Adm. Kevin Moran, Commander Naval Personnel Development Command, and Director, of Task Force for Excellence through Commitment to Education and Learning. "We selected Appian-based on their track record."

The faceplate of the portal contains individualized Web pages that Sailors can customize. This portable Web page is assigned to Sailors during boot camp, and will remain accessible throughout their Navy careers.

The portal gives Sailors access to the most relevant and up to date career information. It's as easy as "point, click, and learn!"

"This is going to allow Sailors to access what is most important to them; the information required to excel, both professionally and personally," said Moran. "And, it is going to allow them to take maximum advantage of the tools and opportunities available to them, no matter where they are stationed or deployed."

The Naval Base Ventura County KM Working Group has been organizing small groups of people within each department to train on the eKM Collaboration Tool, initiated by Com-



mander in Chief Pacific Fleet knowledge management team. The tool is your all-in-one-shopping place for information, from a calendar to a task tracker. Once all the small groups are up and running, the group will start getting entire departments set up on the tool until everyone at NBVC, including the tenant commands, has an account.

Representatives from Navy Region Southwest KM will be coming to NBVC Oct.22 to hold training with all the departments on the eKM Collaboration Tool. Look for times and locations posted in the Lighthouse as they come available.

To learn more about the Navy Education and Training knowledge management portal, visit [www.excel.navy.mil](http://www.excel.navy.mil), or visit NKO at [www.nko.navy.mil](http://www.nko.navy.mil). For more Task Force Excel news, visit their custom NewsStand page at [www.news.navy.mil/local/tfe](http://www.news.navy.mil/local/tfe).

JO2 Lynn Kirby contributed to this report.



# Professional role models to visit school

By Josefina H. Gerende

NAVAIRWD

Naval Air Weapons Division School Visitation Program (SVP) Manager, Josie H. Gerende, has begun planning and coordinating a visit to Frank Intermediate School located at 701 N. Juanita Avenue, Oxnard. This SVP visit is scheduled for Tuesday, November 19, 2002 from 9 to 11:30 a.m.

This visit alone will reach out to approximately 1,220 students. The SVP is sponsored by the NAVAIRWD EEO Division and the Society of Hispanic Professional Engineers Ventura County Chapter (SHPE-VCC). The SVP is administered by the Hispanic Employment Program Committee.

The visit to Frank Intermediate School is only one of many local junior high schools visited as part of NAVAIRWD's community outreach program. It is through these school visits that the SVP continues to encourage students to stay in school and provides them with information relating to many career paths available to them.

SVP provides the students with professional role models from NAVAIRWD and SHPE-VCC from various ethnic backgrounds and career paths. SVP also provides the students with a student career guide to assist them in planning for and selecting a college of their choice. The SVP provides students with information and websites relating to college scholarships, grants and other internship opportunities throughout the country. Students are given the opportunity to ask questions and to interact directly with NAVAIRWD professionals. NAVAIRWD SVP 2002 reached out to over 3,300 junior high students.

Although the SVP strives for and hopes that all students

would be able to attend college, realistically there are always some students that for one reason or another do not make it. For these students the SVP provides information on viable alternatives to college such as the armed forces and trade schools or technical institutions. SVP also provides information on other organizations that can assist the students such as SHPE-VCC.

Other schools planned for visits during this school year include Oxnard schools Blackstock, Fremont, EO Green, Haydock, Ocean View, Our Lady of Guadalupe, Rio Del Valle, and Camarillo school Las Colinas junior high. Whenever possible the school visits are coordinated as part of the school's

annual career day/fair.

The SVP needs volunteers to act as school coordinators and liaison between schools and the HEP committee. The SVP also needs professional volunteers from technical and non-technical fields and from all grade levels to act as role models and presenters for the students. Volunteers are welcome from military, civilian, and government contractors alike.

If you would be interested in being a part of this year's SVP 2003 program or if you have any questions, contact the SVP manager, Josie H. Gerende, at 989-3522 or the HEP Manager, Veronica Vasquez, at 989-3254.



**Don Hilliard, a NAVAIR electronics engineer, talks to 8th grade students about possible career choices.**

U.S. Navy

# Insch relieves Buckey as NAVSOC commander

By Lt. j.g. Mark Camacho

For NAVSOC Public Affairs

Capt. Paul M. Insch relieved Capt. David L. Buckey as commanding officer of Naval Satellite Operations Center (NAVSOC), Point Mugu, in a change of command ceremony at Hanger 553 Oct. 3.

Capt. Buckey will report to his next duty station as Commander, Tactical Air Control Group One in San Diego, Calif.

The keynote speaker for the change of command was Rear Adm. John P. Cryer, Commander, Naval Network and Space Operations Command (NNSOC), Dahlgren, Va.

Capt. Insch was commissioned via Aviation Officer Candidate School in 1979. He proceeded to Mather Air Force Base, Calif. where he earned designation as a Naval Flight Officer, and was ordered to fleet replacement squadron training in the EA-3B Skywarrior. His

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## PINNING, from page 8

pinned as Navy chiefs. Angeles and Armer were pinned by veteran chief petty officers, received their new khaki covers, and were then piped by chief boatswain mates as they saluted master chief sideboys before finally returning to their places in formation.

VAW-113's new chiefs found out they were selected for advancement while underway in Hawaii. The entire initiation period was held en route to support Operation Enduring Freedom.

CVW-14 Command Master Chief Evelyn Banks charged the chiefs, new and experienced.

"It is now required that you be fountains of wisdom, the ambassador of good will, the authority in personal relations as well as technical applications," said Banks.

"Ask the chief" is a household phrase in and out of the Navy," she continued. "You are now the chief."

Angeles, who has been in the Navy for



U.S. Navy

**VAW-113 Commanding Officer Cmdr. George Fadok, stands proudly with VAW-113's new chiefs, MSC(AW/SW) Celestino Angeles, left, and ATC(AW) Robert Armer.**

just over 10 years and stated, "Getting pinned as chief was the greatest day of my life. Now I want to give back to the blue shirts."

"It feels great to be a chief. I like being in a position like this. To be able to help other people," said Armer. He has been in the Navy 13 years. As for the chief's initiation, which lasted six weeks, Armer said, "Training was both what I expected and not. I learned a lot

on the duties of a chief and what is expected of a chief."

"We learned a lot during chief Initiation. Mostly about teamwork," said Angeles.

The VAW-113 Black Eagles are certainly proud of their chief petty officers and lucky to have MSC(AW/SW) Celestino Angeles and ATC(AW) Robert Armer join the ranks. Welcome Aboard gentlemen!

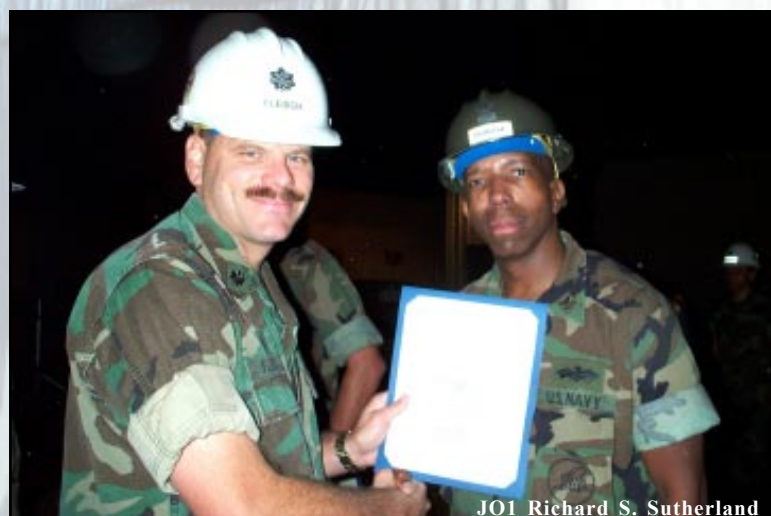


# Shining Sailors...



PH3 Tony Hayes

**UT1(SCW) Phyllis Thomas receives a Navy Commendation, signed by the Chief of Naval Operations. The award was presented by Capt. Jim Rainwater for NBVC winning the Bronze Hammer Award for Public Works Self Help.**



JO1 Richard S. Sutherland

**LN1 Kevin Dubose (right) of NMCB-5's Legal Department receives Sustained Superior Performance recognition from Commanding Officer, Cmdr. David Fleisch. The battalion is currently on its 2002-03 European Deployment to Camp Mitchell, Naval Station Rota, Spain**



PH3 Tony Hayes

**Lt. Cmdr John D'Angelo, left, honorably discharges EOC(SCW) Keith Boyce before re-enlisting him. Boyce chose to re-enlist on the soccer field, giving the visitors a chance to play some ball after the ceremony.**



YN3 Seth Bacon

**Lt. Michael Kavanaugh with COMAEWINGPAC receives a Navy and Marine Corps Commendation Medal from the Chief, Bureau of Medicine and Surgery for managing the centrifuge base flight environment trainer under a tremendous student load and during extremely trying engineering difficulties.**



PH3 Tony Hayes

**Capt. Rainwater presents the Navy and Marine Corps Commendation Medal to AC1(AW/SW/NAC) Malissa Chester.**

For submission of military awards of your command or department's shining Sailors, contact PH3 Anthony Hayes at email: [HayesAR@nbvc.navy.mil](mailto:HayesAR@nbvc.navy.mil) or by phone: (805)989-8733. Please send photos or high resolution, 300 dpi .jpeg digital images with a full caption of all persons appearing in the photo including first names and ranks, the award description and the photographer's name for recognition.





## At the Movies

### Port Hueneme

Thurs., Oct. 10	7 p.m. XXX
Fri., Oct. 11	7 p.m. Master of Disguise 9 p.m. The Adventures of Pluto Nash
Sat., Oct. 12	7 p.m. Spy Kids 2 9 p.m. Signs
Sun., Oct. 13	7 p.m. Spy Kids 2
Thur, Oct. 17	7 p.m. Blue Crush
Fri, Oct. 18	7 p.m. SIMØNE 9 p.m. Serving Sara
Sat., Oct. 19	2 p.m. Spy Kids 2 7 p.m. Ghost Ship (Free Sneak Preview) 9 p.m. Serving Sara
Sun., Oct. 20	7 p.m. Blue Crush

### Point Mugu

Fri., Oct. 11	7 p.m. Crocodile Hunter-Collision Course 9 p.m. Sum of All Fears
Sat., Oct. 12	7 p.m. Like Mike 9 p.m. The Sum of All Fears
Sun., Oct. 13	2 p.m. Like Mike
Fri., Oct. 18	7 p.m. E.T. (20th Annivarsary) 9 p.m. Unfaithful
Sat., Oct. 19	7 p.m. Stuart Little 2 9 p.m. Insomnia
Sun., Oct. 20	2 p.m. Stuart Little 2

## What's Playing

**E.T. the Extra-Terrestrial "20th Anniversary" (PG)**, Starring: Dee Wallace Stone, Peter Coyote. **Synopsis:** Massively popular, widely appealing sci-fi drama about a kindhearted, cute alien living with a suburban family. This feel-good family-film masterpiece appeals to kids and everyone who likes Hollywood-style entertainment.

**Runtime:** 115 minutes

**Blue Crush (PG-13)**, Starring: Kate Bosworth, Michelle Rodriguez. **Synopsis:** Combination drama/romance profiles a talented young Hawaiian struggling to overcome a traumatic accident and win a major big-wave surfing competition. Her life gets further complicated when she falls for a strapping pro footballer on vacation.

**Runtime:** 103 minutes

**Insomnia (2002)**, Starring: Al Pacino, Robin Williams. **Synopsis:** Tense psychological thriller about an L.A.P.D. detective who travels to Alaska during the constantly sunlit summer to try and solve a small-town murder. However, the investigation grows considerably more complex when the cop makes a deadly mistake of his own. A remake of the 1997 Scandinavian thriller of the same name. **Runtime:** 115 minutes

**Like Mike (PG)**, Starring: Lil' Bow Wow, Jonathan Lipnicki. **Synopsis:** Well-received, fantasy-themed kids' comedy about a preteen basketball player who, after receiving a pair of magical Air Jordan shoes, starts playing in the NBA. **Runtime:** 100 minutes

**Serving Sara (PG-13)**, Starring: Elizabeth Hurley, Matthew Perry. **Synopsis:** Romantic comedy about a British-born socialite who, in a bid to foil her soon-to-be-ex-husband's attempts to lock her out of his Texas oil fortune, runs off with the subpoena-server who delivers the divorce papers. **Runtime:** 100 minutes

**S1MØNE (PG-13)**, Starring: Al Pacino, Catherine Keener. **Synopsis:** Black comic showbiz satire about a desperate producer who surreptitiously casts an entirely computer-generated actress in his latest film. However, when the movie becomes a hit, he is torn on how to reveal his deception to the world. **Runtime:** 117 minutes

**Unfaithful (R)**, Starring: Richard Gere, Diane Lane. **Synopsis:** Erotic thriller about a successful suburban New York couple whose marriage hits the skids when the wife has extramarital affair with deadly consequences. **Runtime:** 121 minutes

**The Crocodile Hunter: Collision Course (PG)**, Starring: Steve Irwin, Terri Irwin. **Synopsis:** Outback action-comedy about U.S. agents pursuing a crocodile with a satellite beacon in its stomach — and the intrepid Aussie reptile-wrangler who inadvertently helps their toothy prey avoid capture. **Runtime:** 90 minutes

**The Master of Disguise (PG)**, Starring: Dana Carvey, Jennifer Esposito. **Synopsis:** Haphazardly plotted comedy about mild-mannered Italian waiter who discovers that what he thought was an annoying habit (his tendency to mimic people) is actually a family talent for disguise and imitation. When a ring of international thieves kidnap his father, he must use his newfound skills. **Runtime:** 80 minutes

**The Sum of All Fears (PG)**, Starring: Ben Affleck, Morgan Freeman. **Synopsis:** International thriller about a greenhorn CIA agent who stumbles upon everyone's nightmare scenario — a major terrorist attack with a full-fledged nuclear weapon. Loosely based on the Tom Clancy novel. **Runtime:** 118 minutes

**Spy Kids 2: The Island of Lost Dreams (PG)**, Starring: Antonio Banderas, Carla Gugino. **Synopsis:** Imaginative sequel to wildly popular kids' film sees its two pint-sized spies embark on another top-secret mission. This time they're trying to beat another pair of grade-school-age agents to a remote island overrun by genetically altered creatures. **Runtime:** 105 minutes

**XXX (PG-13)**, Starring: Vin Diesel, Samuel L. Jackson. **Synopsis:** Over-the-top espionage thriller about a dynamic extreme-sports star who is recruited by a shady government agent to use his athletic skills to foil an international conspiracy. **Runtime:** 120 minutes

**The Adventures of Pluto Nash (PG-13)**, Starring: Eddie Murphy, Rosario Dawson. **Synopsis:** Futuristic comedy profiles a nightclub owner who gets into trouble with the lunar mafia after he refuses to sell his moon-based establishment to a shady developer. **Runtime:** 96 minutes

**Stuart Little 2 (2002)**, Starring: Michael J. Fox, Geena Davis. **Synopsis:** Dynamic, visually vibrant kids' sequel combines live-action and animation in the further adventures of the plucky mouse adopted by a human family in Manhattan. This time around, Stuart learns the value of friendship when an injured bird literally falls into his life. **Runtime:** 78 minutes







# FFSC’s Retired Activities Office

By Dr. Bill Hawkins

“Serving those who served,” is our motto as well as our direction to serve the retired military community. We are fortunate to be supported by the Fleet and Family Support Center and their friendly, efficient staff. This is very convenient because it affords us the opportunity for our retiree clients to participate in the various functions and programs of the Fleet and Family Support Center.

The Retired Activities Office (RSO) serves as a link for the military retirees and their families to the local military communities and other governmental agencies. Whatever concerns a retiree may have, our staff is trained to assist, recommend and counsel the retiree. We assist with, but are not limited to, medical matters, legal matters, military records, pay matters, survivor benefits and veteran referrals. One might say, “anything needed by our retiree and their family.”

When a military member retires, no matter from which branch of service, they are placed into the “purple suited” community where all retirees have the same basic needs, wants, desires and unfortunately, problems. It is here that the RSO staff can step in to assist you regardless of whether you retired from the Navy, Army, Marine Corps, Air Force or Coast Guard.

RSO is located in Bldg. 1169 at Port Hueneme and the office hours are 8:00am to 4:00pm each weekday. For more information call 982-1023, fax 982-5310 or e-mail at [hawkinsb@nbvc.navy.mil](mailto:hawkinsb@nbvc.navy.mil).

## FFSC Class Schedule

### Family Violence Awareness Events and Classes

*Family Advocacy Program*, Oct. 17, Noon-1 p.m., Bldg. 1169 PH

*Family Advocacy Program*, Oct. 29, Noon-1 p.m., Bldg. 116 PM

*How To Help-Family Violence 101*, Oct. 10, 10-11:30 a.m., Oct. 30, 7-9:30 p.m. Camarillo

Housing community center

*Peace Family Day at the Park*, Oct. 26, 11 a.m. - 3 p.m., Mission Park, Ventura

*Candle Light Vigil*, Oct. 28, Linderes Campesinas, Oxnard (909)865-7776

*NBVC’s On-Going Women’s Support Group & Men’s Group*

Local 24 Hour Hotlines In Ventura County: 1-800-300-2181 or 1-800-339-9597

### Point Mugu

**Please call 989-8146 for further information or to sign up for classes.**

*Personal Financial Management*, Oct. 16, 8 a.m. - 4 p.m., Bldg. 116

*Holiday Spending*, Oct. 17, 6–8 p.m., Bldg. 116

*TAP*, Oct. 21-24, 8 a.m. –4 p.m., Bldg. 116

*Homebuying*, Oct. 22, 6–8 p.m., Bldg. 116

*Play Mornings*, Every Tues. 9–11 a.m., Chapel Nursery

*Preseparation Briefs*, every Thurs., 2 p.m., Bldg. 116

### Port Hueneme

**Please call 982-4117 for further information or to sign up for classes.**

*Birth Basics*, Oct. 15 & 22, 5 - 8:30 p.m., Bldg. 1169

*Successful Step-Families*, Oct. 15 & 22, 6:30 - 8 p.m., Bldg. 1169

*Relationships*, Oct. 16 & 23, 5:30–7 p.m., Bldg. 1169

*Retired Activities Office (RAO) Mini Brief– Grey Law, Legal Referral Services for*

*Seniors 60 + Yrs*, Oct. 17, 1- 3 p.m., Bldg. 1169

*Anger Management*, Oct. 21, 4 - 6 p.m., Bldg. 1169

*Holiday Spending*, Oct. 23, 6- 8 p.m., Bldg. 1169

*Baby & Me*, every Thurs., 11 a.m. – Noon, Bldg. 1169

*Retired Activities Office (RAO)*, daily, 8 a.m. - 4 p.m., Bldg. 1169

*Preseparation Briefs*, every Tues. 2 p.m., Bldg. 1169

# CNO tells COs to challenge every assumption



PHC Johnny Bivera

**ETC Brad Johnston sits by to assist Adm. Vern Clark, Chief of Naval Operations, as he watches MCPON Terry Scott handle the control stick of a submarine simulator inside the Virginia Ship Control Operations Trainer.**

By JOC Walter T. Ham IV

*Chief of Naval Operations Public Affairs*

GROTON, Conn. (NNS)—Chief of Naval Operations Adm. Vern Clark told commanding officers to challenge every assumption and exert their full authority to keep the Navy ready.

"If we had not put our money where

our mouth was in current readiness, we would not have been able to do, Navy-wide, what we've been doing since 9/11," Clark recently told COs at Naval Submarine Base New London, Conn.

"You keep today's Navy ready. My job

# CNO says Navy will project American sovereignty

By JOC Walter T. Ham IV

*Chief of Naval Operations Public Affairs*

WASHINGTON (NNS)—Chief of Naval Operations Adm. Vern Clark said the Navy will invest in a strategy that projects American sovereignty and gives the U.S. Armed Forces the freedom of international, operational independence.

"We must be able to operate out of the international domain where we don't need a permission slip — and that's either space or the oceans," Clark told a North Carolina business delegation on Capitol Hill. "We are capitalizing on our approach to maximize our advantage of being able to operate from sea bases where we are free to go as we please."



PHC Johnny Bivera

**Chief of Naval Operations Admiral Vern Clark speaks to a full auditorium at the Virginia Beach Convention Center about the future of the U.S. Navy.**

The CNO said the projection of sovereignty will continue to be a critical issue in the coming decades and that sea basing will provide the president with a greater range of military options.

"Our role is to project decisive combat power," said Clark. "I believe the future is about maximizing our presence in the maritime domain."

The CNO also thanked the delegation for their support of the U.S. Navy during the War on Terrorism.

"Our young people who wear this uniform, the cloth of the nation, sense the support that comes from the citizens of the United States of America," Clark said. "I can't thank you enough."

is to get you the resources."

Clark also said COs need to accurately state their manning requirements in order to help Sailors realize their full potential and recapitalize the Navy.

"If you find one person on your ship that you don't need, get him out of there," Clark said. "I want to put that money someplace else. If you've got real jobs for real people, I'm going to buy every one of them you need. But I'll tell you what, I'm not remotely interested in buying even one I don't need."

While saying that greater business efficiency will improve future readiness, Clark emphasized that COs and the Sailors they command are, first and foremost, warriors.

"You have got to be warriors. If you are not that, you're not any good to the Navy," Clark said. "But when you get to command, I'm convinced that you have got to have your prospective broad enough to start asking the right questions. I don't believe hope is a strategy."

# NAVSEA's Navy/Marine Corps Intranet rollout reaching completion

By PHD NSWC Public Affairs

NAVSEA Port Hueneme's transition to the Navy/Marine Corps Intranet (NMCI) is now more than 90 percent complete and the rollout phase is wrapping up with over 1,800 of the 1,950 seats deployable under the current contract restraints. Rollout at NAVSEA Port Hueneme detachments is expected to be complete by year's end.

The NMCI contract was signed in October 2000, and NAVSEA Port Hueneme reached the first milestone, the assumption of responsibility, on Feb. 21, 2001. Since then, a new infrastructure has been designed and deployed and a server farm has been constructed.

The departments have worked with the NMCI management staff to identify, prioritize, and certify required legacy applications, reducing the total count by 81 percent, exceeding the Navy's goal of an 80 percent reduction. In addition, every department at NAVSEA Port Hueneme has provided extensive support, preparing their users, testing their applications, and providing assistance vital to moving the command toward NMCI cutover.

While the contract is still ramping up to a steady state, NAVSEA Port Hueneme is working closely with the program management office to identify issues and provide solutions. As an early adopter of NMCI, issues raised by NAVSEA Port Hueneme are often the first time the Navy has heard about them, and the solutions NAVSEA Port Hueneme has crafted in conjunction with the Information Strike Force are frequently being applied as standards Navy-wide.

## NAVSOC, from page 18

first fleet assignment was to Fleet Air Reconnaissance Squadron TWO (VQ-2) in Rota, Spain, in 1981.

In 1984, Capt. Insch reported to the Joint Electronic Warfare Center, Kelly Air Force Base, San Antonio, Texas, where he served in the Studies and Analysis Directorate.

He returned to sea duty in 1986, joining the staff of Commander, Carrier Group SIX, in Mayport Fla., embarked in USS *Forrestal* (CV-59).

Capt. Insch reported to the operations staff of United States Space Command, Cheyenne Mountain AFB, Colo., in 1989, where he served as a deputy crew commander in the Space Defense Operations Center. During this assignment Capt. Insch attended Webster University and earned a master of arts in space systems management.

In 1991, Capt. Insch reported to the S-3 fleet replacement squadron for training in preparation for his department head tour in Fleet Air Reconnaissance Squadron Five (VQ-5), flying the ES-3A Shadow aircraft. He reported to VQ-5 at NAS Agana, Guam where he served as Maintenance Officer. Also, as Officer in Charge of VQ-5 Detachment ALFA, he led the first operational deployment of the ES-3A, embarked in USS *Independence*.

In 1993 Capt. Insch reported to the Naval War College and earned a master of arts upon his graduation in June 1994.

Capt. Insch returned to VQ-5 in January 1995, which by then was homeported in San Diego's NAS North Island. He served as executive officer, and became the commanding officer in June 1996.

Upon completion of a successful command tour in October 1997, Capt. Insch was assigned to Commander, Carrier Group ONE, as assistant chief of staff for information warfare (N6).

Capt. Insch is coming from the Space and Naval Warfare Systems Command (SPAWAR), serving in the Chief Technology Office as head of the Operational Experimentation Division.

Capt. Insch's personal awards include the Defense Meritorious Service Medal (with one oak Leaf Cluster), the Meritorious Service Medal (with one Gold Star), the Navy Commendation Medal (with two Gold Stars), and the Navy Achievement Medal.



Capt. Paul M. Insch



# Chapel Schedule

**Point Mugu**

For information please phone 989-7967

**Worship**

Sunday Mass: 9 a.m.

Sunday Protestant Worship: 11 a.m.

Weekday Mass: Tuesday & Thursday at 11:30 a.m.

**Religious Education**

Catholic CCD: Sunday at 10:15 a.m. and Monday at 6 p.m.

Protestant Children's Church: Sundays during worship

For information regarding the Sacraments please call the office.

**Port Hueneme**

For information please phone 982-4358

**Worship**

Saturday Mass: 5 p.m.

Sunday Mass: 11 a.m.

Sunday Protestant Worship: 9 a.m.

Christian Science Service: 2 p.m.

Weekday Mass: Monday, Wednesday and Friday at 11:30 a.m.

**Religious Education**

Sunday Adult Protestant Education: 8 a.m.

Protestant Children's Church up to 5th grade during worship\*

\* (3 Sundays Per Month)

Catholic CCD: Tuesday at 5 p.m. and 6:30 p.m.

## Navy-Marine Corps Relief Society News



**Food Locker** – Did you know... Navy Marine Corps Relief Society operates a food locker? It's designed to provide emergency food assistance to clients until a more permanent solution can be found. Each food bag provides balanced meals. Formula and diapers are also available to families experiencing a need.

**Budget for Baby** – New parents deserve all the support that they can get! That's why we offer two Budget for Baby classes each month, one at each NBVC site. It's a fun and interesting class that gives you some inside tips on how much your new "bundle of joy" is really going to cost you! We'll also show you ways to save money on all the things baby is going to need before he comes home from the hospital. The classes are open to all new and expecting parents. Just for coming, you will also receive a "Baby's First Sea Bag" filled with items for the new baby. A \$70 value... free! Call 982-4409 for dates and times, and to register.

**Thrift Shop** – Our Thrift Shop can really help stretch your budget. You can find items in great condition and at a fraction of the cost of new. If you have kids that grow quickly, it can save you a whole pile of money! The shop is open Mondays and Wednesdays 10a.m. to 2 p.m.

All proceeds go to help you through the NMCRS. Located in Bldg. 820 behind NCTC on 15<sup>th</sup> Ave at Port Hueneme.

**Crochet Wednesday** – To go into our "Baby's First Sea Bags" we have an active group of ladies who meet on the first and third Wednesday to knit and crochet beautiful baby blankets, hat and sweaters so that every baby will have that special homemade blanket to snuggle up with. ( Just like Grandma used to do.) We provide all the materials and instruction classes. Held at the "Bee Hive" by Bard Mansion from 10am – Noon. Children welcome.

**Volunteer Orientation** – The second Thursday of every month. Call to for more information and to register. 982-4409

# Top Gun pilots train with help of German MiGs

By JO2 Luke D. Johnson

*Naval Strike and Air Warfare Center Public Affairs*

KEY WEST, Fla. (NNS) — An enemy Mig-29 has just passed through the crosshairs of a Navy F/A-18 Hornet, and the fight is on. Both pilots bank and turn to battle it out for victory in combat and ultimately air superiority.

This scenario is very much a reality in today's trouble spots around the world. To help give Navy and Air Force aviators an edge, the German Air Force has provided a real-world threat platform, formidable pilots and the MiG-29 Fulcrum.

Agile Archer O2 is an air combat training exercise hosted by the 125th Fighter Wing of the Florida Air National Guard at Naval Air Station Key West, Fla. The exercise brings together the German Air Force and instructors from the Navy's Fighter Weapons School (Top Gun), located at the Naval Strike and Air Warfare Center (NSAWC) in Fallon, Nev.

This training provides an excellent opportunity for Navy F/A-18 pilots and Air Force F-



Lt. Cmdr. Creighton Holt

**Lt. Luke Kremer pilots an F/A-18 C "Hornet" strike fighter from the "Fighting Redcocks" of Strike Fighter Squadron Two Two (VFA-22) over the Fort Jefferson National Monument near Key West Fla.**

## Today's Sailor receives more than just traditional skills

By Lt. Cmdr. John Wallach

*Naval Training Center Great Lakes Public Affairs*

GREAT LAKES, Ill. (NNS) — With the nation fully engaged in the war on terrorism, Navy training has itself become a campaign waged on two fronts, according to Commander, Naval Training Center Great Lakes, the Navy's largest training center.

The first includes the fundamental skills of seamanship, technical prowess, military bearing, heritage, physical fitness, teamwork and corporate indoctrination, explained Rear Adm. Ann E. Rondeau, Commander Naval Training Center Great Lakes. Easily captured in tangible curriculum items, imparting these skills to Sailors is challenging yet fairly straightforward.

The second front, however, is more elusive and includes the instillation of more righteous ideals such as core values, ethics, mental preparedness, professionalism and what Rondeau terms "the warrior spirit."

This trait is being taught and practiced throughout Great Lakes to ensure the Navy's newest Sailors are ready to make an immediate contribution to the Navy combat team. Through a slate of new initiatives, Great Lakes is upping the intensity for recruits, students and staff, creating an operational training environment and inspiring in them the spirit of a warrior.

New drills, based on those conducted at sea, have been added to prepare recruits for daily operations in the fleet. The exercises test their skills, awareness, stamina and ability to react to unknown situations.

"Multitasking, once a capability reserved for computer operating systems, is now something we expect from our Sailors," Rondeau said. "Our people are continually being asked to do more, be better prepared and react, almost instantly, to changes around them."

In their third week of training, when divisions first begin to gel as a team, recruits are jolted awake in the middle of the night as the "man overboard" announcement is passed over the IMC.

Tired and disoriented, they must collect themselves, don uniforms, report to their man overboard stations, quickly take muster and submit an accurate report. The drill simulates a common fleet-based scenario and reinforces the concepts of the watch, quarter and station bill.

Late at night during the 7th week of training, recruits are challenged again, tasked with responding to a security alert. This time it's the night following Battle Stations, and the recruits-turned-Sailors have been up for more than 30 hours.

The division, led entirely by Sailors in training, is being activated to augment the base security force. Organizing themselves into teams, they are required to find suspicious

15 pilots to train against the most probable and capable adversary either will face. It is a month-long exercise that ended October 7.

According to Cmdr. Nicholas Mongillo, Top Gun's readiness officer, Agile Archer O2 required extensive planning and coordination with the Florida Air National Guard and the German Air Force.

"It is a culmination of a year and a half of planning between the Air Force and Navy to bring together this type of training," said Mongillo.

Agile Archer O2 exposed Navy and Air Force aircrew to simulated air combat against the MiG-29 Fulcrum.

The types of missions flown in this exercise are one-on-one, where one fighter jet takes on another fighter jet.

During air warfare training exercises, the Navy and Air Force can simulate the MiG-29 by either the F/A-18 Hornet, F-14 Tomcat or F-15 Eagle.

"We actually have a chance now to go up against a MiG-29, and we can examine its flight characteristics, flight controls, weapons systems, sensors and visual signatures. We can look across a circle at it and see how it looks, instead of looking at an American fighter simulating it.

"It is one thing to read about the capabilities of the MiG-29, however, training against the real thing gives aircrew a real sense of what it is like actually flying against the MiG-29. It gives aircrew an opportunity to measure for themselves the capabilities of the threat aircraft," said Mongillo.

He added that the German MiG-29 pilots are among the most proficient and capable MiG-29 pilots in the world, giving Navy and Air Force aircrews an opportunity to fly against a more experienced threat than they will most likely face in the combat arena.

The German JG-73 "Steinhoff" MiG-29 squadron has been flying for more than 10 years. The squadron was activated after Germany's reunification, and was tasked with air defense. Most of the pilots flying the MiGs were trained in the United States.

According to Mongillo, the JG-73 squadron is now an aggressor squadron for NATO. Aggressor squadrons are trained to provide simulated threats for Navy and Air Force aircrews. They also provide a realistic threat so that NATO countries are better prepared for any future conflicts.

Capt. Swen Jacob, a German Air Force pilot, said that it is a great opportunity to train with the U.S. pilots. He feels proud to be helping prepare American pilots for future conflicts.

"It is a cool thing to do this type of training with the American fighter pilots," said Jacob.

Mongillo says that the experiences gained from this exercise will be used on a limited level at NSAWC.

NSAWC is where the Navy trains entire Carrier Air Wings before they go on a six-month deployment to an aircraft carrier. It is also the primary authority on naval aviation training and tactics development.

The month-long exercise not only benefited the Navy's Top Gun pilots and the Florida Air National Guard 125th Fighter Wing, but also many other Navy fleet and training squadrons. The Navy wants to expose as many aviators as possible to the real-world threats that they may go up against in future conflicts, stated Mongillo.

items that are out of place and potentially dangerous. The goal is for the Sailors to be able to identify a threat, secure the area and call in the correct first responders.

Recruits are also getting more hands-on weapons training. In response to fleet needs, live fire training on the 9mm Beretta pistol has been increased 200 percent, and recruits now train on pneumatic Mossberg shotguns — a more useful weapon for force protection — instead of the stalwart M-16 rifle.

Live fire shotgun training is slated to begin next year, when frangible ammunition for Great Lakes' lead-free range is available. Recruits also stand quarterdeck watches throughout their training with 9mm handguns, demilitarized for training purposes, to increase their familiarity with weapons handling.

Recruits are also getting more time in the water, a direct result of force protection requirements placed on fleet units following the attack on *USS Cole* (CG 67). Heightened security measures now call for small boat patrols around Navy warships while away from home port, and small boat patrols require qualified swimmers.

"America was introduced to Al Qaeda on Sept. 11, 2001; the Navy's introduction to this terrorist organization came nearly a full year earlier, on Oct. 12, 2000," Rondeau said. "New threats create new force protection requirements, and new force protection requirements create new training requirements. Great Lakes is answering the call."